



## Old-Fashioned Lemon Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3 tablespoons juice of lemon fresh
- 3 tablespoons lemon zest

- 1 cup raisins
- 0.5 teaspoon salt
- 0.8 cup shortening

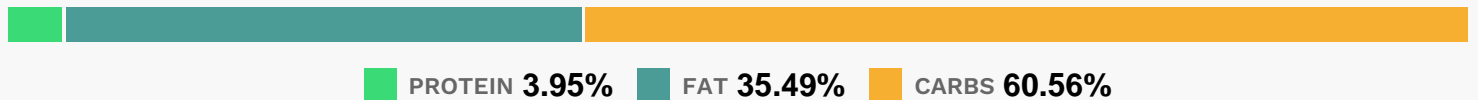
## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch square baking pan.
- Combine flour, baking soda, spices and salt and set aside. In a large bowl, cream together shortening and brown sugar. Beat in the eggs one at a time.
- Add in the lemon juice and zest. Gradually blend in the dry ingredients. Stir in raisins.
- Spread batter evenly in the prepared baking pan.
- Bake 25–30 minutes until lightly colored on top. Cool in pan on wire rack. May be drizzled with a simple confectioners' sugar icing.
- Cut into large or small bars.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:8.31, Inflammation Score:-1, Nutrition Score:2.8326087010943%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 171.11kcal (8.56%), Fat: 6.91g (10.63%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 25.71g (9.35%), Sugar: 13.47g (14.97%), Cholesterol: 13.64mg (4.55%), Sodium: 105.34mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Selenium: 4.87µg (6.96%), Vitamin B1: 0.09mg (6.16%), Manganese: 0.11mg (5.66%), Folate: 21.61µg (5.4%), Vitamin B2: 0.08mg (4.71%), Iron: 0.82mg (4.57%), Vitamin B3: 0.71mg (3.53%), Fiber: 0.83g (3.32%), Vitamin K: 3.48µg (3.31%), Vitamin E: 0.44mg (2.96%), Potassium: 87.98mg (2.51%), Vitamin C: 2.02mg (2.45%), Phosphorus: 23.97mg (2.4%), Copper: 0.04mg (2.2%), Calcium: 18.84mg (1.88%), Vitamin B5: 0.17mg (1.71%), Magnesium: 6.13mg (1.53%), Vitamin B6: 0.03mg (1.51%)